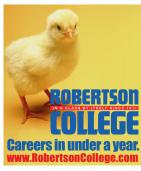
CRITICS CLAIM RACIST SUBTEXT IN AVATAR, PG 4







RCMP finish search of Ludwig farm

PROBE Police seeking evidence in half-a-dozen pipeline bombings have concluded their search of an Alberta anti-oilpatch activist's property.

RCMP Insp. Tim Shields said search crews — which included dogs, a helicopter and dozens of officers — were leaving Wiebo Ludwig's communal farm yesterday and barriers were being taken down.

"All of the areas that we have designated that were requiring searching have now been fully and thoroughly searched," said Shields.

He said he didn't know when — or if — there would be arrests stemming from the evidence. He stressed the investigation would continue. THE CANADIAN PRESS



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for news updates



Reporter laid to rest

Michelle Lang remembered as compassionate, tenacious

KRISTEN THOMPSON Metro Canada

"We remember her as our baby."

So began Art Lang's short but poignant eulogy for his daughter Michelle Lang, a Calgary Herald reporter who was one of five Canadians killed by a roadside bomb in Afghanistan on Dec. 30.

"Michelle was always interested in (Afghanistan)," Art Lang said at her funeral at the Italian Cultural Centre in Vancouver, which was attended by nearly 500 people. "(She) was there to tell us about what was happening in that fractured country."

The 34-year-old's flagdraped casket sat at the front of the auditorium, while a slideshow of her life played on a screen and her family and closest friends took turns at the podium to talk about the woman they called their "light."

Consistent among the eulogies were references to Lang's compassion, tenacity, passion for journalism, love for her family, perpetual tardiness and propensity toward practical jokes.

Friends remembered how she hitchhiked to her first shift at the Regina Leader-Post because her car broke down in the snow, and how she accidentally drove backwards through a Tim Hortons drive-thru.

"Knowing Michelle, she'd be slightly embarrassed to hear us speak like this of her," said Lorne Motley, editor-in-chief of the Calgary Herald.

"She wanted to tell the stories not being told, and that led her to hold up her hand to go to Afghanistan" he said.

Michael Louie, Lang's fi-

ancé, said it's the "simple, everyday" things he'll miss, remembering the kiss he gave her every morning — while she was still asleep — before he left for work.

"Leaving her in the morning was always the worst part of the day ... (When she came home) from work, it was like falling in love with her all over again.

"Right now, somehow, all of this still remains unreal to me. On Jan. 23, a small part of me will still wonder if she'll be at the airport, waiting for me to pick her up."

Cabinet shuffle expected this week

POLITICS Alberta Premier Ed Stelmach will make major changes to his cabinet this week in an effort to bolster his Tory party's sliding support, according to sources.

Government insiders have confirmed the premier will push back his departure later this month for an energy summit in the Middle East and will announce a new cabinet as early as today.

"Everybody knows the

"Everybody knows the premier's in trouble," said a government source, who asked not to be identified. "Just shuffling a few chairs is not good enough."

Calgary political analyst Keith Brownsey said the premier needs a major shuffle of senior ministers if he wants to turn around dismal poll numbers.

"It has to be a new face on this government," said Brownsey, a professor of political studies at Mount Royal University in Calgary, noting the Stelmach government's alienation of the oil and gas industry.

Two senior advisers to the government say Health Minister Ron Liepert will be moved into the energy portfolio.

"I heard that just about everyone in cabinet is moving," said one source, who added that Rob Renner was being moved out of environment.

THE CANADIAN PRESS

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Local



Sex offender released into area

Having served a five-and-a-half-year sentence for two counts of sexual assault, the Calgary Police Service is informing citizens that Michael Edward Lopatriello, 44, is in the Calgary area and being monitored by the High Risk Offender Program. Police say Lopatriello, convicted of sexual assault charges in both Alberta and B.C., has a history of sexually assaulting young males, using alcohol and pornography to gain compliance from victims.

METRO INTERNATIONAL NEWSPAPER OF THE YEAR

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Calgary**Tweets**

again for tomorrow. At this point, its about as

predictable as Favre's retire-

@jpbremner Looks like I

missed the bus, but really

ter night to stand around

@damclean Northwest

couldn't have asked for a bet-

waiting on the next one. #yyc

bound CTrain just got ridicu-

lously packed thanks to the

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Bullet leads to \$1M pot bust in NW

KRISTA SYLVESTER krista.sylvester@metronews.ca

Gunplay at a northwest Calgary home led city cops to a million-dollar pot bust early in the new year.

Police were called to a townhouse complex in the 100 block of Sandpiper Lane NW early Jan. 1, when a bullet ripped through the bedroom wall of a woman

residing in the home.

Det. Jeff Klinger said police determined the bullet came from the adjacent townhouse and the tactical unit was called in and the lone female occupant was led from the home. "Fortunately she was not injured. I'd have to think that something like that happening in the neighbouring house was quite upsetting," Klinger said. The adjacent residents were unhurt but shaken up.

The incident led police to attain two search warrants and they discovered 100 pounds of dried marijuana ready for personal-use packaging, several firearms, ammunition and a heavily armoured body

"The quantity of marijuana, handguns, shotguns and rifles as well as a vest like this definitely has its link to organized crime," he said. "It is a lot more than someone just growing marijuana for personal use." Justin Verne Jennings, 26,

turned himself into police through his lawyer on Friday to several drugs and weapons charges. The woman taken from

the home was released without charges, according to police.



Det. Jeff Klinger holds a piece of body armour found on Jan. 1 in a northwest Calgary home

CALGARY OBITUARIES

CalgaryObits.com

notes the following deaths

Let Calgarians decide fate of \$6.5M in reserve funds: McIver

KRISTA SYLVESTER krista.sylvester@metronews.o

CITY HALL A city alderman would like to see Calgarians choose where a possible excess of \$6.5 million will go if it's decided up to four reserve funds are no longer needed.

An extensive audit of 55 city reserve funds will be debated this week by the finance committee but the initial audit committee report found four reserves

may no longer be needed. Ward 12 Ald. Ric McIver said while he would like to see the money go towards more snow removal equipment, he also believes it should be up to Calgary taxpayers to decide where the money lands.

"The important thing to remember is this is not our money; it's taxpayer's money, and there should be some sort of public consultation on where it is

spent," he said. But audit committee chair and Ward 11 Ald. Bri-



Money in some of the city's reserves could go to services such as snow removal, but one alderman said if there's money left over, the taxpayers should have a say in where it goes

an Pincott says some of the funds may have restrictions on where they can be used.

"And this is one-time money. It wouldn't make sense to put the funds into ongoing projects because

this is a one-time thing," he said.

"Personally, I would like to see the money go towards community improvement projects that can enhance public space.' Calgarian Amy WithamStrand said she would like to see the money used for other city needs.

"I think things like snow removal, parks and recreation could all benefit from some extra money," she said.

BARRY, Douglas Neal BELISLE Ernest Matthew BLACK, Sheldon Bradlev BRAMLEY, Leslie CAPPIE. Kenneth Martin CARMINE, Sarah Douglas (nee CLARKE, Harris Millard CONWAY, Vincent Gerard (Jerry) DAVIS, John Edward EDMISTON, Amelia Adah GREGORY. Dorothy Claire HAASEN, Elly HAYWARD. Eloise Irene (nee Dryden)

HERVEY. Elizabeth HOCHLANDER, Sash Damara-Eve JAMES, Mary Diana IOHNSTON Charlotte (nee Nelson LANGER , Andreas Johannes MAHER. Naida Anne MICHALOWSKI, Anna (Jaremczuk) NELSON, Mildred NOBLE, Spencer Thomas
PELTIER, Audrey Jean (nee Powell)

PIRIE, John Gavin
PORCU, Giovanni Michelle (Mike) RANISZEWSKI, Andrzej RAYMOND, Jean-Guy G. ROWLAND , Priscilla ROYAL , Charlene Bernadette (Apastaakii)

SHARMA, Chatendra Nath TAYLOR, Alfred Frederick Birch TWARDOWSKI, Czeslaw Boleslaw

WAKELAM, Elsie

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Video Kids on the streets of Kabul brave traffic to beg for food and money. Watch at metronews.ca/world Video Taking a

closer look at the new ad campaign launched by the Liberals at metronews ca/canada

News in brief

SCAM Calgary police are warning residents in several northeast communities about a man going door-to-door since August scamming dozens of residents by claiming to need financial assistance. The man borrows money, but never returns, according to police. If anyone notices anything suspicious they are asked to call police at 403-266-1234.

HOUSING Single detached housing starts jumped 98 per cent in December 2009, compared with the same time in

2008, according to the Canada Mortgage and Housing Corporation. Total December housing starts in the Calgary Census Metropolitan Area rose to 657 units from 403 in 2008. **FESTIVAL** The sixth annual

Globalfest Film Fest: Exposed.

which runs Jan. 29 to 31, has announced its lineup of films and features the premiere of a Calgary film as well as several Alberta films. For the full lineup, visit www.globalfest.ca/ global_filmfest.php.

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Sarah Palin is taking her conservative message to Fox News. The former Alaska governor and Republican U.S. vice-presidential candidate will provide some type of commentary for the right-leaning cable network. THE ASSOCIATED PRESS

Canada/World

Balanced budgets not likely: Watchdog labelled racist by some

Flaherty projects no tax hikes, cuts needed

The country's budget watchdog and some of Canada's leading economists are contradicting Finance Minister Jim Flaherty, saying he cannot balance the country's books without raising taxes or slashing spending.

Parliamentary budget officer Kevin Page warned yesterday the country could be headed back to the financial bad days of the 1970s and 1980s when the country was crippled by public debt.

We are going to have to take drastic measures, either spending reduction or tax increase, to get us back to balances," said Page, known for his outspoken assessment of government spending.
Page will deliver a report

tomorrow that will look at

"We are going to have to take drastic measures, either spending reduction or tax increase, to get us back to balances."

Kevin Page, parliamentary budget officer

the next five years and spell out the magnitude of the "structural" deficit and if not checked by spending reduction or tax increases — the potential negative impact on Canada's struggling economy. Finance Minister Jim Fla-

herty repeated his assertion yesterday that Ottawa can over time balance its books without having to raise taxes or cut spending. Instead, Flaherty says savings can be achieved simply by keeping the increases in annual spending on programs

growing as fast (3.3 per cent annually) as they have in recent years.

"If we have sufficient economic growth, we won't have to do as much," economic Flaherty said, meaning that higher economic growth raises federal tax revenues and automatically helps reduce the deficit.

But economists doubt the government could slow the growth in program spending enough to curb the deficit — set to reach a cumulative \$164 billion by 2014 - without tax increases. TORSTAR NEWS SERVICE

Blockbuster movie

AVATAR Near the end of the hit film Avatar, the villain snarls at the hero, "How does it feel to betray your own race?" Both men are white — although the hero is inhabiting a blue-skinned, nine-foot-tall, longtailed alien.

Strange as it may seem for a film that pits greedy, immoral humans against noble denizens of a faraway moon, Avatar is being criticized by a small but vocal group of people who allege it contains racist themes the white hero once again saving the primitive na-

Since the film opened to widespread critical acclaim three weeks ago, hundreds of blog posts, newspaper articles, tweets and YouTube videos have said things such as the film is "a fantasy about race told from the point of view of white people" and that it reinforces the white Messiah fable."

Adding to the racial dynamic is that the main Na'vi characters are played by actors of colour, led by a Dominican, Zoe Saldana, as the princess. The film also is an obvious metaphor for how European settlers in America wiped out the na-

Annalee Newitz, editor-in-chief of the sci-fi website io9.com, likened Avatar to the recent film District 9, in

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of this story, or go to metronews.ca/entertainment



Palin ioining Fox News

Zoe Saldana plays Na'vi archer Neytiri in Avatar. The film is being criticized by some who allege it contains racist themes, such as a white hero once again saving the primitive natives.

'(The movie) asks us to open our eyes and truly see others ... in the hope we may find a way to prevent conflict and live harmoniously ... I hardly think that is a racist message."

Avatar director James Cameron

which a white man accidentally becomes an alien and then helps save them.

When will whites stop making these movies and start thinking about race in a new way?" wrote Newitz, who is white

Writer/director Iames Cameron said in an email to The Associated Press that

his film "asks us to open our eyes and truly see others, respecting them even though they are different, in the hope that we may find a way to prevent conflict and live more harmoniously on this world. I hardly think that is a racist message.

THE ASSOCIATED PRESS

Don't expect interest rate hike soon. official says

ECONOMY The Bank of Canada appears to be cooling its rhetoric on the country's housing boom, all but ruling out raising interest rates to dissuade prospective home buyers from taking on too much mortgage

Bank official David Wolf said in a speech yesterday that in the central bank's view, it is premature to be talking about a housing bubble in Canada. And he said even if the bank judged that housing prices were getting out of hand, raising interest rates is too blunt an instrument since it would have the effect of cooling off the entire econ-

omy.
"We would, in essence, be dousing the entire Canadian economy with cold water, just as it emerges from recession," he said. "As a result, it would

take longer for economic growth to return to potential and for inflation to get back to target.

THE CANADIAN PRESS

Nova Scotia **Burying a hero**



The flag-draped coffin carrying the remains of Sgt. Kirk Taylor, a reservist with the 84th Independent Field Battery, is carried from his funeral service at a hockey arena in Yarmouth, N.S., yesterday. Taylor was one of four soldiers and a Calgary journalist killed by a roadside bomb in Afghanistan on Dec. 30.

News in brief

PETS The tiger-mauling death of an Ontario man should serve as a wake-up call for the province of the dangers of owning exotic animals, the World Society for the

Protection of Animals said yesterday. Ontario is the only province that doesn't require a licence to keep dangerous exotic animals, the society THE CANADIAN PRESS

andmark trial begins

SAN FRANCISCO The first federal trial to determine if the U.S. Constitution prohibits states from outlawing samesex marriage got under way yesterday, and the two gay couples on whose behalf the case was brought will be among the first witnesses.

The proceedings involve a challenge to Proposition 8, the gay-marriage ban approved by California voters in 2008. Regardless of the outcome, the case is likely to be appealed to the U.S.

Supreme Court, where it ultimately could become a landmark that determines if gay Americans have the

right to marry.

Two hours before trial, the top U.S. court weighed in on an issue related to the case, blocking video of the proceedings from being posted on YouTube.com. It said justices need more time to review that issue, and put the order in place at least until tomorrow.

THE ASSOCIATED PRESS

News in brief

SANCTIONS Secretary of State Hillary Clinton says the U.S. has concluded the best way to pressure Iran to come clean on nuclear ambitions is to impose sanctions on the country's ruling elite. Clinton said yesterday a final decision has not been THE ASSOCIATED PRESS

ANTARCTICA Sea water under an Antarctic ice shelf showed no sign of higher temperatures. despite fears of a thaw linked to global warming that could bring higher world ocean levels, tests showed vesterday.

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Your Money





steps to saving fuel



my never-ending quest to save money, here's seven painless ways to cut fuel costs courtesy of 4Refuel Ltd. a Langley, B.C., company which manages fuel supplies

for business and knows a thing or two about saving a litre here and there.

Kill the idle: Not only Lis it illegal in some places, but more than three minutes of idling can shorten engine life, and excessive idling can add as much as 50 per cent to your fuel costs. Idle idiots also shorten the life of their engine oil by 75 per cent. During the depths of winter's chill, it's tempting to warm up before you get in, but cars today have fast and efficient heaters.

7 No jack rabbit starts: That's what

teacher disparagingly called them, and he was right - jack rabbit starts

use 40 per cent more fuel and increase emissions by 400 per cent. What's

more, they save You have less than three minutes over no influence over oil prices, but it's minutes within your power to have the same effect of driving. Pussy foot the as a decline at the pump with a little accelerator: Cars travelling effort.

at 120 km\h versus 100 km\h use 20 per cent more fuel. My husband will be thrilled with this tip. His favourite words to me are: Slow down.

Put your car on a diet: Eliminate superfluous items — golf clubs, in-laws, etc. Even a couple of hundred extra pounds adds stress to the engine and cuts gas mileage.

5Keep your engine purring: Tune-ups real-

and extend the life of your engine.

6 Check your tire pressure: Correct tire pressure saves gas - as much as two weeks' worth a year while improving handling and braking and decreasing tire wear.

Take the ankle express: I'm amazed at how many people get in their cars to drive from store to store at the power centre malls rather than walk a few hundred metres. A little ankle express, for kids and adults, improves gas mileage and magically shrinks waists.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network Write to her at alison@alisongriffiths.ca.

Business

Companies confident, plan to hire: BoC survey

ECONOMY Canadian companies are feeling more confident that the economic recovery is taking hold and say they are stepping up plans to hire more workers and invest, the Bank of Canada said yesterday in its quarterly survey of business conditions.

In a separate survey of senior loan officers, the central bank said lending conditions to firms have stabilized after almost two years when the balance of opinion reflected a tightening trend. "These improved conditions are consistent with borrowers' increased access to financing in capital markets during recent quarters, and can also be attributed to the outlook for this segment being seen as favourable by respondents," survey said THE CANADIAN PRESS

Business in brief

HOLIDAYS Tourism spending in Canada increased 0.3 per cent in real terms in the third quarter, as expenditures by Canadians advanced while those of international visitors fell.

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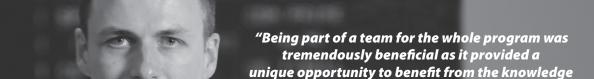


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Comment

Liberals enter political battlefield



f, as the Conservatives interpret it, politics is war, it's no surprise they have been winning. They are the only side that's been deploying the heavy artillery.

In response to their attack ads against Stéphane Dion and Michael Ignatieff, the Liberals have been absent from the battlefield. In the Dion case, they didn't have the money to afford counterblasts. With Iggy, they've been cautious, not wanting to be accused of joining Stephen Harper on the political low road.

That's changing. Liberal ads released this week on the closing down of Parliament hit the prime minister where it stings — with a coverup charge. Team Ignatieff is aware it's not the alleged torture of Afghan detainees that has the pub-

lic worked up. It's the autocratic arrogance of the PM in thinking he can repeatedly manipulate the democratic system for partisan gain.

Given the heady response they've been getting on the prorogue issue, the Grits feel they've got momentum on their side. That they may be right was indicated by Harper's response. In obvious damage-control mode, he's volunteering many a media interview. That's something he doesn't do often.

He tried to excuse the shutdown of Parliament by

saying the government needed more time to prepare for a new budget. But the government had a fiveweek Christmas break even without a prorogue. In any case, the PM was contradicted by Finance Minister Jim Flaherty, who said yesterday that budget consultations weren't affected by prorogation

The other Conservative defence line is the rationale that the Liberals once did this kind of thing, so it's OK for us to do it. It never seems to bother team Harper that anyone with a meas-

ure of self-respect doesn't seek to excuse their own inadequacies by constantly dredging up the inadequacies of others.

In the abuse-of-power sweepstakes, the Jean Chrétien Liberals did indeed run up quite a tally, not the least of which was closing down an inquiry into alleged brutality by Canadian soldiers in Somalia. The move was dictatorial and inexcusable. But Ignatieff had nothing to do with any of the malfeasance in the Chrétien days. In any case, the Conservatives promised a new era of

accountability and transparency. The promise has become a standing joke.

On one level — the lack of civility in our politics — it's unfortunate the Liberals are resorting to attack ads. But to compete against the Harper goon squad, they didn't have much choice. They could continue to get run over. Or they could finally start giving this prime minister some of his own medicine.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

View:

Facebook rides to Parliament's rescue



I always thought Facebook was just a cosy corner in cyberspace for idle chat and gossip. But recently a flash mob

But recently a flash mob of Canadians upset at the abrupt shutdown of Parliament began airing its beefs on the social networking site, and the group has gone viral, attracting more than 10,000 members each day. (Yesterday, more than 150,000 people had signed up.) Now postings are so frequent that within min-

utes anything put on the main board becomes an "older post" as new comments and information links flood onto the site.

It started with a graduate student at the University of Alberta, peeved by Prime Minister Stephen Harper's New Year's resolution to shut down Parliament until after the Olympics.

The prime minister apparently thought most Canadians wouldn't miss the crude display of boorish behaviour that is otherwise known as question period on the Hill. And I don't blame most political experts for thinking a Face-

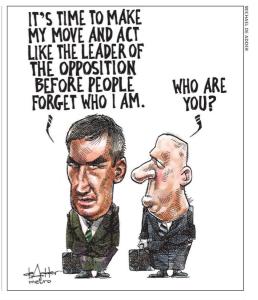
book group called Canadians Against Proroguing Parliament wouldn't fly far in cyberspace, let alone influence the hardball game of politics. But ordinary Canadians have confounded the experts.

As one of those ordinary Canadians, I think I know why.

Parliament may be full of people we don't greatly admire, but we are the ones who put them there to represent us. Our fractious and frustrating House of Commons is the only democracy we have, the place our elected representatives decide the laws that govern this country.

Stephen Harper may think most Canadians don't pay very close attention to what goes on in Parliament, and he's right. But if our democratic space is suddenly, and for no good reason, shut down, we start to smell something rotten in Ottawa. We might even begin to think that what goes on in our nation's capital is more important than who's groping who in the bedrooms of Hollywood. Hard to believe, eh? Well, stranger have happened. Even on Facebook.

> Norm Beach is a writer and teacher in Toronto.



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Hall gets top ranking from NHL scouting bureau

Forward Taylor Hall was named North America's top draft-eligible skater in a mid-season list of prospects published by the NHL's Central Scouting Bureau yesterday. THE CANADIAN PRESS

ports

McGwire comes clean

Mark McGwire finally came clean, admitting he used steroids when he broke baseball's home run record in 1998.

McGwire said in a statement sent to The Associated Press yesterday he used steroids on and off for nearly a decade.

"It's very emotional, it's telling family members, friends and coaches, you know, it's former teammates to try to get hold of, you know, that I'm coming clean and being honest, he said during a 20-minute telephone interview, his voice repeatedly cracking.

Mark McGwire

McGwire said he also used human growth hor-mone, and he didn't know if his use of performanceenhancing drugs con-tributed to some of the in-

juries that led to his retirement, at age 38, in 2001 He repeat-

multi-million dollar salary. "I did this for health purposes. There's no way I did this for any type of strength use."

McGwire hit a then-

expressed regret for his de-

cision to use steroids, which he said was "fool-

ish" and caused by his de-

sire to overcome injuries,

get back on the field and

prove he was worth his

record 70 homers in 1998 during a compelling race with Sammy Sosa, who finished with 66.

"I wish I had never played during the steroid era." McGwire said.

THE ASSOCIATED PRESS

NHL Flames lose



Colorado's Paul Stastny, right, catches a glove in the face from Calgary defenceman Cory Sarich during last night's action. The Flames lost 3-2 in a shootout.

Danton hoping to play for Halifax university hockey team

NHL player who spent five years in prison after he

was convicted of a plot to kill his former agent could suit up for



Mary's Huskies this semester.

Mike Danton, who was released from prison in September, has been cleared by Saint Mary's administration to enrol in sociology courses and suit up

for the hockey team.

The 29-year-old is only waiting to receive clearance from the national parole board to move to Halifax from Ontario. The decision could be made as early as this morning.

Danton pleaded guilty in 2004 to the failed plot to kill David Frost. He was sentenced to seven and a half years in prison.

MATTHEW WUEST/METRO CANADA

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10 sports



Simpsons headed to Vancouver The Simpsons will take aim at curling this season when Homer and Marge head to Vancouver for the 2010 Olympics. In an episode due to air around



EDITOR: DON.MCHOULL@METRONEWS.CA

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Drew Doughty of the Los Angeles Kings is pursued by Brendan Morrison of the Washington Capitals at L.A.'s Staples Center earlier this month. Doughty has eight points since being picked for Team Canada.

Proving his worth

Doughty on a tear since making Team Canada

The excitement of being selected to Team Canada doesn't appear to have worn off for Drew Doughty.

The 20-year-old Los Angeles Kings defenceman could hardly sleep leading up to the Dec. 30 announcement and ended up being one of Steve Yzer-man's boldest selections for the Olympic team. He's responded extremely well to that vote of confidence, having accumulated more points (eight) than anyone else on Team Canada from the time the roster was announced through Sunday's games.

Not bad for a guy who was tossing and turning in bed just two weeks ago.

"I was pretty nervous," Doughty said after being named to the team. "I didn't really know what my chances were. I knew I had an outside shot. Making it

U.S. captain

 Jamie Langenbrunner of the New Jersey Devils will be the captain of the American hockey team at next month's Olympics.

is definitely a big surprise,

I'm just so excited."

He was held off the scoresheet that night in Calgary before putting up eight assists over the following five games. That streak included a four-assist game in San Jose Jan. 4 — the most productive night of his brief NHL career.

Interestingly, two of Canada's other defencemen have also been putting up nice offensive numbers since Yzerman selected them to the team. Chicago's Duncan Keith and Philadelphia's Chris

Pronger both have seven points over that stretch, with Keith having moved to within two points of his career-high of 44 with almost half a season to go.

It's no coincidence there are so many blue-liners with offensive tendencies on the Olympic team. The Canadian squad that finished seventh at the Games four years ago seemed to be missing that element.

"We had trouble moving the puck on the big ice (in Turin), I guess would be the best way to describe it," said Kevin Lowe, a member of Yzerman's management team. "Now we've come almost full circle in terms of making an emphasis on guys who can move the puck, get it in the hands of the forwards. ... We think we have that in this group."

THE CANADIAN PRESS

Speedskating team unveiled

LINEUP The mix, Speed Skating Canada believes, is just right.

Clara Hughes, Cindy Klassen and Jeremy Wotherspoon provide an aura of success and veteran know-how. Kristina Groves, Christine Nesbitt and Denny Morrison look to be right at their peak. Brittany Schussler, Jamie Gregg and Lucas Makowsky offer potential, both for the present and the future.

All that remains now for the eight women and eight men named to the longtrack speedskating team for the Vancouver Olympics yesterday is to deliver, and that won't be easy. Expectations are skyhigh for the speedskaters, who have enjoyed frequent international success over the past four years since winning eight medals at Turin in 2006, and who are some of the country's

biggest names heading into the Games. They have about a month left to finalize their preparations, and capitalize on the opportunity in front of them.

"I think things worked out in our favour," said Bri-an Rahill, Speed Skating Canada's high perform-ance director. "We have strong veterans of Olympic Games and of major events that can do very well.

THE CANADIAN PRESS

Learning Curve is a special feature that focuses on education and student life.

Learning Curve

Keys to starting over

Going back to school after you've been in the workforce can feel a little daunting, but with a fresh approach, anyone can make a fresh start.

Jo-Anne Clarke, director of business and professional programs at the University of Calgary, says it's on-ly natural to feel a little anxiety when you're returning to school, but it's important to realize you're starting over with a clean

"I find that students can sometimes carry an old image of who they are as a student," Clarke said.

"As an adult, you have an opportunity to recreate who you are as a student — you have life experience to bring into the class"As an adult, you have an opportunity to recreate who you are as a student — you have life experience to bring into the classroom."

Jo-Anne Clarke

Time management is crucial but more important are managed expectations - don't try to do a full course load while running your full-time life because it iust won't work and your studies will suffer. Many students start out doing a single course at a time to test the waters and get a sense of how much time and effort they can commit, Clarke says.

"Don't bite off more than you can chew. Stu-dents who take on more than they can handle don't enjoy the process and are not as successful. Learning is fun but it is a process; you can't rush it," Clarke

If writing was never your biggest strength, Clarke recommends taking a writing skills refresher course to help make further learning much easier, as the writing style you've been using in the workplace likely isn't ideal for school.

Gervan Fearon, dean of The G. Raymond Chang School of Continuing Education at Ryerson University in Toronto, agrees that being realistic about your workload and treating your education like a longterm goal rather than a sprint will give you a better experience overall.

"Look at it like an educational exercise program. If wanted to run a

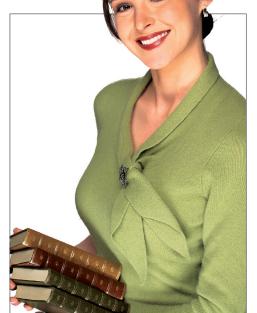
marathon, I wouldn't just wake up one day and do it; I'd have to train," Fearon said.

A common worry is that students who return to school won't be able to relate to others in the class, but Fearon says the truth is most people in a continuing education classroom including the instructors - will be in the same situation.

'When you do go back to school, you'll see a lot of individuals that are very much in the same position as you. Many of the instructors also work in the field they teach, so they're sensitive to your reality," Fearon said.

Remember, vou're in school to further yourself so enjoy the experience, Fearon says.

There is a prize at the end - there are significant payoffs in career, earning



Time management is crucial for adult students, experts say.

and to all the people around you. It's an opportunity to grow and be able

to contribute more to ourselves, our families and our society," he said.

Mature students tend to be more focused, dedicated: Expert



prised at how receptive vounger students are to study-

JON TATTRIE for Metro Canada

Leaving the workforce to go to college or university can seem financially, academically and emotionally daunting, but tapping into campus resources can ease the transition, experts say.

"They're not going to be alone," said Pamela Hanft, associate vice-president academic at Ontario's Humber College. "We're seeing an increasing number of quite mature students enrolling on a full-time ba-

This year, the college has

1,500 students aged 35 and up, a whopping 60 per cent increase on last year. Hanft attributes the rise to laid-off workers retraining and to government "second career" initiatives. Technically, "mature students" are students older than 19 who have been out of school for more than a year, but Hanft said the challenges those adults who have spent 15 or more years working face are quite different.

would-be students aren't sure about enrolling full time, she urged them to try an evening class

Like other Like other post-sec-ondary institutes, Humber has a special handbook and orientation for mature students covering child care, finances and other concerns older students may have. There are a slew

career-advancement services available to help students pick a path to a successful career.

"When we talk to mature students, there's often an academic concern. They haven't been in school for a while, they think they're rusty," Hanft said. Placement testings for English, math and other courses ensure students start at the

right level, and tutoring programs keep mature students on track.

Emotionally, mature learners can be intimidated by the thought of being surrounded by so many young students: Humber's 1,500 older students are surrounded by 18,000 younger students.

But many mature students are "genuinely surprised and pleased" at how receptive younger students are to studying with them, Hanft said.

"The older student brings a general experi-ence of the work world that the younger students

are really interested in." Mature students tend to well academically, bringing an intense level of focus and dedication that might be missing in their younger colleagues. Sometimes, volunteer or

earn credit at the institutions. "It's important to look at all the services available and make use of them, because they're paying for them in their tuition and it's very foolish not to avail themselves of things that

can make life simpler and

make them much more

workplace experiences can



metro 11

Game study aims to curb obesity

MICHELLE LINDSTROM for Metro Calgary

No couches will be found near a local video game study, exergaming, aimed to curb childhood obesity through innovative intervention.

Exergaming uses video games, such as Wii Fit and Dance Dance Revolution, that only function via the interactive movement of the gamer, forcing users to get off their hineys.

Dwayne Sheehan, lead researcher for the five-year exergaming study at Foundations for the Future Charter Academy (FFCA) southwest Calgary location, approached the school mainly because of its grade span—kindergarten to grade 12—giving him access to many age groups at one location.

age groups at one location. He explained the complete study will monitor "various impacts of exergaming technology at a number of different age groups — we just happen to be starting with nine-and 10-year-olds."

Sheenan, also assistant



Exergaming is an alternative to thumb-only video games, and it encourages users to stand up and get actively moving.

professor and co-ordinator of Mount Royal's department of physical education and recreation studies, was inspired to pursue the idea of exergaming by Dr. Larry Katz, his supervisor of kinesiology PhD studies at the U of C.

Katz and Sheehan cofounded the exergaming study and completed a pilot run last year at FFCA. The first six-week cycle of real data collection started yesterday with 140 students in grades three and four. FFCA principal educator Justin Kool said the grades chosen for the study are appropriate because he feels that's when habits related to physical activity begin to form.

"They've got a good understanding that it's not

just about playing video games," Kool said.

That is exactly the point Sheehan hopes young people will realize.

"It's my dream that the next generation of gamers are all physically active gamers," he said. "Inherently, kids love to move." The study blends the

The study blends the world of physical activity with technology instead of forcing one and taking away the other from today's gadget-savvy young people.

"Sedentary video gaming is a contributor to this childhood obesity problem," Sheehan said, clarifying exergames are an alternative to thumb-only games, not a replacement for regular physical activity

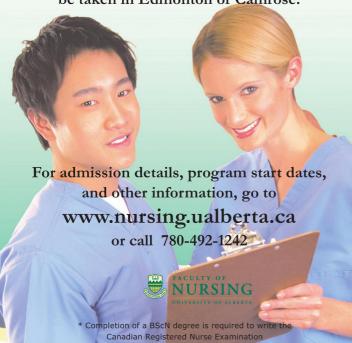
ty.
"I can understand how
there could be skeptics,"
said Kool. "But, once people understand the project
isn't about yideo games,
but about getting people
up and actively moving,
they get it."

The five-year commitment with FFCA is only the beginning, said Sheehan. He expects years of further studies as technology and exergames continually evolve.

Go to ucalgary.ca/exergaming and mtroyal.ca for more information about Sheehan, Katz and the exergaming study.

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U of C grad develops new sit ski

MICHELLE LINDSTROM for Metro Calgary

James Chew's 2006 University of Calgary environmental design sit ski project finally has a prototype: Canada. meet the EVO 1.

"It's not a great name," laughed Chew, but it became the mono ski's working title, meaning evolution one.

A U of C graduate, Chew is now also the director of product design and marketing for local business InclineDesign (inclinede sign.ca).

The company hopes to increase interest and accessibility to the sport of sit skiing and EVO 1 is Step One towards doing that.

The idea to improve upon the existing heavy and overpriced sit ski models, ranging from \$3,500 to \$7,000 each, evolved from Chew's personal interest in skiing, innovation and product development, but also the obvious market gap for adaptive ski products.

With help from others — fellow U of C students, Westlink Innovation Network Ltd., University Technologies International (UTI), Canadian Association for Disabled Skiing (CADS) and local manufacturers — via funding, collaborative thinking and industry expertise, Chew



Existing sit ski models range from \$3,500 to \$7,000 each.

said InclineDesign should have an affordable, entrylevel sit ski ready for adaptive ski programs by this fall/winter season.

CADS Calgary offers adaptive training for disabled skiers at Canada Olympic Park (COP) with older mono ski models available for students to borrow during lessons.

Volunteer CADS supervisor Brian Martin estimated eight sit skiers enrolled in COP's specialized program that started last week. He said it's likely only one student will pursue the sport when those lessons end.

"To say to students you need at least \$5,000 to continue — that's a pretty tough pill (for them) to swallow," explained Mar-

He hopes EVO 1's cost —
Chew approximated \$2,000
per model — will allow
more people to continue
beyond beginner lessons

and into higher performance sit skiing.

Martin became InclineDesign's prototype test pilot due to their mutual CADS connection. As a paraplegic with experience riding two older sit ski models, he could also provide more effective input.

He said he was unsure what to expect as he's quite used to his \$6,000 custom-fitted model. But, after a few modifications based on Martin's feedback, he said EVO 1 skis well and he'd feel confident taking it from the top of COP and down intermediate runs in the mountains.

Chew said tests are still taking place on InclineDesign's second generation sit ski, but its simple, modular pieces will help provide a much needed affordable option for disabled skiers in the near future.

Bow Valley offers practical nursing options

MICHELLE LINDSTROM for Metro Calgary

For those Calgarians who are interested in practical nursing but are without

the high school marks required to enter such a post-secondary program, Bow Valley College has an upgrading option they should consider.

"This is a very flexible

dents are able to work at their own speed."

Pre-PN is a full-time, day-time, four-month program consisting of three, sometimes four, high school-level upgrading courses: English, math, human sciences or biology. The main benefit of the pre-PN route

Pankratz, dean of Academ-

ic Foundations (the up-

grading division of Bow

College).

though it's full-time, stu-

Valley

seat in the PN program upon successful completion of the upgrading courses.

Pankratz said enrolment into practical nursing can be quite competitive, meaning without the seat guarantee, upgrading students may have to wait a semester or two before getting into the program.

Pre-PN students should expect a non-traditional classroom. A math, science and English teacher are in the room at the same time, along with teaching sta

tions, computers and mainly one-on-one instruction based on each subject's textbook, said Pankratz.

The cost is approximately \$1,600 for pre-PN, but if a person only needs to upgrade one course or can't take day-time classes, he or she should look into Bow Valley's night course options instead.

"It works really well for the students who go this route," said Pankratz, adding those enrolled tend to be very motivated to transition directly into the PN program with its semesters starting in January, May and September.

New pre-PN students can start at the beginning of every month and then have four months, working at their own pace, to complete the course. "If someone was ready to go today and had their tuition money, they could start in February." said Pankratz.

February," said Pankratz. Go to bowvalleycollegeweb.com for more.



Bow Valley's Pre-PN program offers upgrading courses for those who are interested in practical nursing but don't have the high school marks required to enter the program.

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The Cochrane Collaboration reviewed 21 studies involving 3,706 women and found that lying down significantly delays the process of giving birth. Researchers recommend that women in labour try to find the most comfortable position, other than lying flat. METRO NEWS SERVICES

Health & Beauty

Getting sick is no laughing matter

It's like a sick joke. You go to hospital for care and come out sicker than when you went in. But it's no laughing matter. Each year in Canada, between 8,000 and 12,000 people die of infections they acquired in hospital.

An important new Canadian study provides the first step in changing this grim pattern. A team of researchers at Queen's University in Kingston has proven scientifically that shared hospital rooms are a culprit in spreading superbugs.

"There is a very strong relationship between the number of roommates and the risk of each infection.

said Dr. Dick Zoutman, an infection control expert at Kingston General Hospital and one of the authors of the study.

If you share a room with other patient, your risk of getting a serious infection goes up by 10 per cent. And each roommate added raises your risk by another 10 per cent. So if you have five roommates, vour risk of infection is up by 50 per cent, explained Zoutman.

The results were far more dramatic than the scientists expected.

"We found it quite shocking," Zoutman told Metro in a phone interview. "We didn't anticipate it would be that high. We went 'Wow!'

They thought each roommate might boost

risk by 1 per cent.

Over a five-year period,
Zoutman and his team studied whether patients in hospital for more than three days developed any of three serious infections. The infections were superbugs methicillin-resistant Staphylococcus aureus (MRSA) and vancomycinresistant Enterococcus (VRE), as well as Clostridi-um difficile, which causes diarrhea. These infections

Canadians, he said, are developing zero tolerance for hospital-acquired infection. "They are fed up.'

While it may seem obvious that sharing hospital rooms means sharing illdecision-makers ness. needed proof changes could be made, said Zoutman.



Your risk of catching an infection at a hospital increases by 10 per cent for every roommate you

He added that the results are valuable because policy-makers who decide how hospitals will be designed now have evidence that private rooms are

They can justify spending the extra money.

The current system of dividing patient with curtains does not keep them safe from neighbours' infection.

"It has to be walls," said Zoutman.

should have Patients their own room and their own bathroom.

"The solution is designing safety and quality into hospital systems, so hospitals are safer. We want to have it that you can't transmit infections in hospital. My goal is zero. This is a step in the right direction."



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Suspending vour beliefs on fitness

TRAINING Still looking for the best way to get fit this January?

If you're up for a challenge, why not try hanging out?

"TRX Suspension Training is exploding on the fitness market," says Geoff Bagshaw, group exercise director of Denman Fitness in Vancouver.

TRX training involves ropes, bands and straps and uses gravity and body weight to get a full workout. The straps can be attached to a door or any elevated fixture, so it's a goanywhere workout.

CELIA MILNE/ FOR METRO CANADA



Campbell offers gluten-free

To meet the needs of those with gluten-sensitivity issues, Campbell Company of Canada introduced 13 gluten-free soups and broth this month. These new products can be easily spotted with their prominent 'gluten-free' labels located beside the item's nutrition panel. METRO NEWS SERVICES



A good year for wine

Vintners and analysts predict that 2010 will be a very good year for wine lovers. Everybody is looking for a deal and I think that mentality is going to persist. We still have the '05 and the '06 vintages in the pipeline and that's a lot of wine," says Eric Titus, partner in Titus Vineyards in the Napa Valley. He also expects 2010 to be a better year for premium wine. "There's cautious optimism." No question 2009 was a tough year, especially for people making wines priced at \$20 a bottle and over. THE ASSOCIATED PRESS

Puff perfection

Spinach and Parmesan Soufflés **SERVES 4**

INGREDIENTS:

- 2 tsp (10 mL) soft butter 1 lb (500 g) young
- spinach
 1 slice white bread,
- crusts removed
- 2/3 cup (150 mL) sour cream
- 5 eggs, separated
- 1/2 cup (125 mL) grated Parmesan cheese
- Freshly grated nutmeg, to taste

METHOD:

- 1. Preheat oven to 425°F (220°C). Lightly butter inside of four 1-cup (250-mL) ovenproof dishes. Tip washed spinach into dry pot with moisture left on leaves and stir over low heat until wilted. Leave to
- 2. Process bread in blender to make fine crumbs. Add spinach to crumbs with half the sour cream and process for coarse purée. Add remaining sour cream and process until combined.
- 3. Add egg yolks to food processor with 3 Tbsp (45 mL) of grated Parmesan cheese. Season and add plenty of nutmeg, then process again to make smooth purée.
- 4. Whisk egg whites in

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Searching out budget bottles



Passion Fruit and Honey Zabaglione

large bowl until stiff. Tip spinach mixture onto egg whites and carefully fold with large metal spoon. Sprinkle half of remaining Parmesan inside prepared dishes and set on baking sheet. Spoon soufflé mixture into dishes. Sprinkle with remaining Parmesan, then bake 15 minutes or until puffed and golden brown. Serve immediate-

Passion Fruit and Honey Zabaglione SERVES 4

INGREDIENTS:

- 4 ripe passion fruits
- 3 Tbsp (45 mL) clear hon-

- · 4 large egg volks
- 2 tsp (10 mL) lemon juice

METHOD

- 1. Cut each fruit in half and scoop out pulp and seeds into sieve set over heatproof bowl. Sieve fruit thoroughly, then trickle 1 Tbsp (15 mL) boiling water over seed mixture in sieve and scrape again with spoon. Scrape any pulp from un-derneath sieve into bowl too. Discard seeds.
- 2. Half-fill pot with boiling water and heat to simmering point. Put honey, egg yolks and lemon juice bowl with passion fruit juice and whisk well with electric mixer. Set bowl over pot of hot water



and continue to whisk until mixture is pale and thick, and holds trail when beaters are lifted out. This takes about 10 minutes. Keep water barely simmering - do not let it bubble too fiercely or

eggs will cook and sepa-

3. Remove bowl from pot and continue to whisk 1 minute. Spoon, ladle or pour mixture into four small glasses. Serve imme-

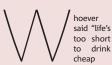


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wine" never received one of my post-holiday credit card bills. While my neighbour is having issues letting go of his outdoor light display; Christmas is over and the reality of how much I spent is starting to sink in fast.

It seems to be the same for most of you because my email in-box is full of requests for budget conscious bottles that can deliver the goods without costing a small fortune.

Thanks to an ugly exchange rate, Californian wines have historically been higher-priced here in Canada. Things have been balancing out over the last few years and there are tasty deals to be had from The

Though blended from different vintages, the wines from Barefoot Cellars are all decent drops with the Sauvignon Blanc (\$9.95 - \$11.99) getting my vote for one of the smoothest, freshest whites under \$12. It's a great match for salads, seafood and dishes with a bit of heat.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.



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Simon Cowell, the acerbic Brit who has helped give American Idol some of its sharpest — and nastiest — moments, will leave the popular singing show after this season. THE ASSOCIATED PRESS

Entertainment

Ticket to Oprah

anniversary of the magazine and to

meet Oprah Winfrev.

Mila showing maturity

Young actress opts for serious role in Book of Eli

STEVE GOW for Metro Canada

With her latest movie, Mila Kunis may finally fulfill her destiny.

Having begun acting professionally at age nine, the Ukraine-born beauty rose to fame playing goofy comedy on television's That '70s Show. Now with the dystopian drama The Book of Eli, she shares company with such an es-

teemed thespian as Denzel Washington — a step in the right di-

"He's on Friday very power-ful man," said Kunis during a recent interview.

"At this point in my career I like to work with people that I admire and people I respect and can learn from and an opportunity to work with Denzel Wash-ington, you can't really pass it up."

In the movie, Kunis joins Washington as a post-apoc-



That '70s Show star Mila Kunis joins Denzel Washington in Book of Eli.

alyptic survivor protecting a sacred book as he seeks to fulfill its destiny in the West.

It's a much more mature role for Kunis who, until relatively recently, didn't take her job seriously.

"It was just a conscious decision that this is what I want to do with my life," said Kunis. "I looked at it as something fun. I worked because I was able to work and then when I was twenty I was like, 'OK, this is going to be my career so I'm going to make smart choices and I'm going to go about it as a career versus just a fun thing on the

While she admits luck had a lot to do with her success, Kunis selects her parts more carefully now but she remains self-effacing when it comes to being realistic about the nature of showbiz.

"I'd like to think I could



The Hurt Locker

Director: Kathryn Bigelow JUST WHEN YOU think the battle of Iraq war dramas has been fought and lost, along comes one that demands to be seen — if you can handle the raging

adrenaline. Kathryn Bigelow's latest testosterone drama strips the Iraqi conflict of politics and brings it right down to the garbagestrewn pavement, where lives are saved through skill and nerve but lost through bad luck and

do it for the rest of my life

but tomorrow nobody

might want to hire me and

In the meantime, audi-

ences will see Kunis in The

Book of Eli (hitting the-

atres Friday) as well as two

other films releasing this

year. Plus, fans can always

catch her voicing the ani-

mated character of Meg on TV's The Family Guy

perhaps surprisingly her

I'm in public, that's all it takes," laughed Kunis. "If I

be quiet, I'm OK. It's just

when I talk that people are

"If I open my mouth and

most famous role.

like, 'Hey it's Meg!

that'd be the end of it.'

malevolence.
The film follows the men of Bravo Company, the elite U.S. army unit tasked with defusing bombs left on Baghdad streets by increasingly violent and determined insurgents.

The bomb-removal boys have robots and shrapnelresistant suits at their disposal, but they can't stop every blast.The job ulti-

mately comes down to playing hunches, keeping your cool and staying ever vigilant. If the IED (improvised explosive device) doesn't get you, the sniper hiding on a nearby rooftop just might.

Gutsy and gung-ho but new to Bravo is a sergeant named James (Jeremy Renner, in a breakout role), a reckless cowboy who has disarmed 873 bombs but is one short fuse away from being blown to kingdom come. He reminds himself of this with a collection of detonators he keeps under his bed. His subordinates Sanborn (Anthony Mackie) and Eldridge (Brian Geraghty) are shocked by his methods and not shy about saying so, but are loyal to task and team. This is no message movie, yet insights abound.

Bigelow knows the male mind and she's an ace at action, as she's demonstrated before in films like Point Break and Strange Days. Now she can add titan of suspense to her laurels — and there's strong buzz for Os-car nominations, including Best Picture and Best Director. Extras include a commentary by Bigelow and Boal, a behind-thescenes featurette and an image gallery.

Peter Howell/for Metro Canada

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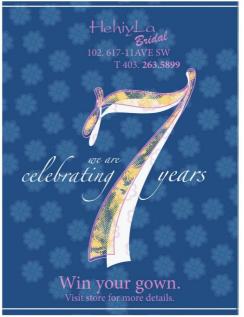
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Sundance fest jurors named

PANEL Parker Posey, author Russell Banks and filmmakers Karyn Kusama and Morgan Spurlock are among the jurors for this month's Sundance Film Festival. Actress Posey, whose films include past Sundance entries The House of Yes and Broken English, will be one of five jurors judging the U.S. dramatic competition. Joining her are Banks, producer Jason Kliot, cinematographer Robert Yeoman and director Kusama, whose Girlfight shared the top prize at Sundance in 2000. Spurlock, who directed the Sundance hit Super Size Me, is on the U.S. documentary jury, along with filmmakers Greg Barker, Dayna Goldfine and Ondi Timoner and entertainment journalist Nancy Miller.

THE ASSOCIATED PRESS

Mel sticks up for Tiger

Mel Gibson is teed off over the treatment of disgraced golfer Tiger Woods. "I feel sorry for Tiger Woods," the actor, 54, tells Britain's Daily Mail. "Why are we talking about this when we're sending 30,000 more troops to Afghanistan?" USMAGAZINE.COM



entertainment 17

It's game over for Owen Pallett

Polaris winner retires Final Fantasy name for Heartland

CAM LINDSAY for Metro Canada

With less than a month to go before he released his highly anticipated third album, Toronto musician Owen Pallett surprised many when he abandoned his musical moniker. Final

Anyone aware of the famous video game of the name same wondering when that day would come, including Pallett himself. In December he gave in and retired the name

"(The game's developer Square Enix) were OK with me using it but basically what it came down to was they had to legally step in and say something because that's how trademark laws work," Pallett tells Metro in a recent interview from Brooklyn on a recent Saturday morning.

The name change means his new album Heartland will be credited to Owen Pallett. However, that wasn't his first choice.

"I had a secondary band name in mind," he explains. "But, when the day came, I couldn't bite the bullet and say, 'I'm gonna change my name to this.' The record was about to

come out and I was like, 'It's too much, it's too soon!""

Owen Pallett's The name, in **Heartland** is case vou're wondering, was Sky-lord. "I thought it available today was a great band name," he explains, name," he explains, "but you can't just change your name to Skylord right

> out." He's got a point. Pallett won the inaugural Polaris Music Prize in 2006 for his second album, He Poos Clouds, but don't be surprised if Heartland is the frontrunner for the Prize



Heartland is the new album from Polaris Music Prize winner Owen Pallett, formerly Final Fantasy,

once again in September. Pallett has created a dense and absorbing epic filled with obscure poetry and grandiose orchestration.

"I wanted to make an al-

bum where I could play all these songs live using my looping rig," he explains. "I also wanted it to be this orchestral score that I could put in front of an orchestra

and just have them go to it." Within the intricate arrangements also lies an endearing bit of prose.

"This record has this highfalutin concept at"I wanted to make an album where I could play all these songs live using my looping rig. I also wanted it to be this orchestral score that I could put in front of an orchestra and just have them go to Owen Pallett

tached to it, but it's really not meant to be high concept. It's just a record about a relationship sung from the perspective of the sweetheart, and in this case that's a farmer named Lewis who is singing songs to me, who is the one singing the song," he says with a giggle.

"(Lewis) isn't meant to be a metaphor for anything, he's more of a composite of these things that I'm interested in," he adds. "Like in the same way somebody else likes to sing about fat bottomed girls, I'm singing about a sexy farmer.'

America's Got Talent adds Howie

REALITY TV Howie Mandel is replacing David Hasselhoff as one of the judges on NBC's America's Got Talent.

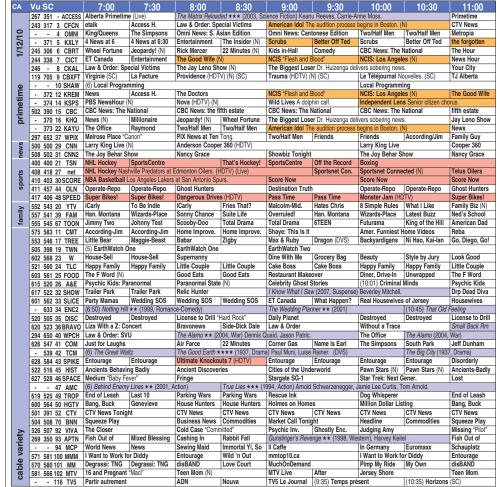
NBC executives confirmed the move Sunday. Mandel, who has been host of NBC's Deal or No. Deal, will be teamed with returning hosts Sharon Osbourne and Piers Morgan. THE ASSOCIATED PRESS

Lautner going to the Golden Globes

AWARDS A werewolf is coming to the Golden Globe Awards.

Twilight star Taylor Lautner will be among the pre-senters at Sunday's ceremony, along with Milk star Josh Brolin and Saturday Night Live alum Amy Poehler. Ricky Gervais will host the 67th annual awards, which will be presented at the Beverly Hilton THE CANADIAN PRESS







the forgotten
An unidentified man found dead
inside a seepage pit leads Alex
(Christian Slater) and the team
into the world of medical trials. into the world of medical trials. They discover the victim was a recently naturalized citizen who signed up to become a medical guinea pig to earn enough money to bring his family to America in the new episode "Patient John." Susan Ruttan guest stars. 11 PM on KXLY



The Good Wife
After a popular high-school
quarterback dies of an overdose
of painkillers, Alicia represents
the physician (guest star Russell Homsby) who prescribed
the medication. At home, Alicia
and the kids deal with some bad
news, and she sets Peter's blood
boiling with some information in
the new enjected "Painkiller" is the new episode "Painkiller." 8 PM on CICT; 11 PM on KREM

NCIS: Los Angeles
The murder of a recently re-leased convict forces Callen (Chris O'Donnell) to go under-cover using an old alias, while Sam (LL Cool J) and the team Sam (EL Cool of and the fear track him from a distance. Linda Hunt, Peter Cambor and Dan-iela Ruah also star in the new episode "Past Lives." 10 PM on CICT KREM



Pussycat Dolls singer Nicole Scherzinger is single again, usmagazine.com reports. She and 2008 Formula 1 world champion Lewis Hamilton have announced that they have split after two years. METRO NEWS SERVICES

Celebrity Buzz



Buy one coffee, get a second cup on us.

Tila Tequila denied a tearyeyed graveside goodbye?

FOND FAREWELL Tila Tequila has not been invited to her purported fiancé Casey Johnson's funeral, set for this week, us-magazine.com reports.

A source close to the MTV reality star tells Us, "She wants so badly to go to the funeral, but nobody will give her the details or tell her anything. She is extremely frustrated."

Over the weekend, Tila told E! News, "I don't want



I can't sleep, and I am on suicide watch.

Tequila has been engaged in a war of words with friends of Johnson, who accuse the reality star of using the baby-oil heiress for media attention.

Tequila has been firing back, saving that Johnson's fami-

ly and friends never cared about her. Over the weekend, Tweeted, "The family cut Casey out for five years! They knew nothing about her except that she was sad ... until she met me. LESBIAN RIAGE. Not accept-

METRO NEWS SERVICES

Is Nightingale her last name?

IN SHINING ARMOUR Rihanna is seeking a donor for an Olympic hopeful battling leukemia, femalefirst.co.uk reports.

The singer — who re-ceived a touching letter from 26-year-old Seun Adebiyi, a Nigerian athlete who had hoped to compete in the 2014 Winter Games in skeleton sledding, but diagnosed Leukemia during training - has promised to do everything she can to raise awareness of his condition

and find

him a bone marrow donor. 'Leukemia interrupted Seun's dream of being the first Nigerian in the Win-

ter Olympics, but together we can help him make his dream come true. We need to find him a bone marrow donor! Please sign up with DKMS!" says Rihanna.

The pop star is working alongside Grey's Anatomy actor Justin Chambers in asking potential bone marrow donors to come forward and help save the life of the Yale Law School graduate.

Seun

and Justin have taken the time to help him.

"I am deeply touched by their plea for donors, not just for me, but for others as well. Their voices are so powerful and it encourages me how they

used their influence to awareraise about ness important issue. That was incredible," he

made successful public pleas both last vear and in 2008

to help six-yearold Jasmina Aneand 43-yearold Lisa Flynn find bone marrow transplants.

NEWS SERVICES

Celeb mistresses, unite!

SARAH AND I'M A MISTRESS Gordon Ramsey's alleged former mistress, Sarah Symonds, been reaching out to Jamie Jungers, سe of Woods' عامن Tiger self-proother women, in an effort to help other women like

them. Symonds tells Page

"I run a group called Mistresses Anonymous. It's the only support group for women who are in bad relationships with married men. I have been talking to Jamie about getting her involved," she says.

"Ideally what I'd like to do is a TV special with all mistresses, Tiger's where they could discuss the downside to being 'the woman,' whether he was good in

beď METRO WORLD NEWS

Marriage is one option

BUT ONLY FOOLS RUSH IN Carmen Electra is in no rush to married, femalefirst.co.uk reports. The for-mer Baywatch actress has been engaged to Otep rocker Rob Patterson for almost two years but still has no plans to set a wedding date.

"We're happy the way things are. We're not really putting that added, extra pressure on the relationship," she said.

Although Electra, 37, is



brunette beauty insists a wedding could still happen one day. She added, "It's possible. If we decide that, then we will get married, but we're just happy being together.

Electra has been married twice before. She tied the knot in Las Vegas with controversial basketball star Dennis Rodman in 1998 before splitting soon after. In November 2003, she wed Iane's Addicguitarist tion Navarro they dibut

vorced in February 2007. METRO WORLD NEWS

If you treat your boss to a better cup of coffee are you still late?

Use the coupon above to find out.



It's been a hard day's night

Sunday morning (UN)LUCK BE A LADY Lindsay Lohan is having more car pulling away from the Hotel trouble, only this time she Cafe nightclub, according to wasn't the one

Lohan can't get (use?) a break

driving. The Lohan was reportedly a passenger at the time, and actress **BMW** it was her assistant that reportedly ported the incident. The photographer was not takstruck en to the hospital, but phohe is reportedly threattograening to sue Lohan. early METRO WORLD NEWS

FREE AS A BIRD Heather Mills says that she's moved on two years after divorcing Paul McCartney. toughest

"It was the thing I've ever been through in mv ing a

was a billion times easier. That was just physical pain," Mills, who is currently appearing Britain's Dancing on Ice re-ality show, tells the Daily

"Afterwards I was single for two years. Then I met a wonderful man, who I never talk about. But I don't think I would marry again. I don't think its worked for METRO WORLD NEWS

Conan, master of his fate Leno back to 11:35 p.m.

NO ONE TO BLAME BUT YOURSELF Jerry Seinfeld has some advice for Conan O'Brien: Don't even think about complaining,

> popeater.com reports. says the newbie Tonight Show host hasn't been held back the network, which announced over the week-

end it will be bringing Jay

"What did the network do to Conan?" Seinfeld asked at the TV Critics Association on Sunday. "I don't think anyone's preventing people from watching Conan. Once they give you the cameras, it's on you. I can't blame NBC for having to

move things around. I hope

Conan stays, think he's terrific. But there's rules in show business.

METRO NEWS SERVICES

Celebrity tweets METRO WORLD NEWS

Katy Perry is craving American burgers while in India, Sandra Bernhard is ecstatic about her vacuum purchase and Tyrese Gibson parties all night but has nothing to show for it. @katyperry Quick someone send me a pic of a double double animal style from In N Out. I'm dying over heeeeeere.

@SandraBernhard we are in love with our new DYSON DC 25 with the rolling ball honey the glamor that new vacuum has brought into the house is shocking!

• @Tyrese4ReaL It's crazy to be around all that action and end up alone... Dammit I should of got a few #'s waaay too many to

Take Five



15

18

23 24

30

33

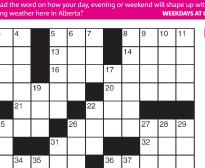
40











44 45

Sudoku

48

HOW TO PLAY: Digits 1 through 9 will appear once in each zone - one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

4			9	6				1
	8					6	9	
	9			1	7			4
					6			8
		2				7		
9			2					
3			6	7			5	
	5	1					8	
7				5	3			2

– mater 5 Thither 8 Astronomical bear 12 Spring wind? 13 Praise in verse 14 Bosc, e.g. 15 Color quality 16 "A Streetcar Named Desire" surname 18 Captain 20 Gave as an example 21 Fellows 22 Fellows 23 Lifting apparatus 26 Soaking in the

30 Feedbag morsel 31 "—the ramparts ...' 32 Compete 33 "Tobacco Road" author Caldwell 36 Bloodhound's 38 Suffix with ro

39 Dead heat 40 Supermarket

bot

43 Providing traction 47 Like beauty,

they say 49 Rescue 50 Baserunner's goal

51 Bikini half 52 Verve 53 Oklahoma city 54 Dickens pseudonvm

55 Transmitted

1 Performances 2 Appearance 3 Revealing skirt 4 Hebrew letters 5 Burdens for ox-

en 6 Stench 7 Fresh 8 Telecom channel to a satellite

9 Repose 10 Benefit 11 Saharan 17 "Bullets" at the

poker table 19 Favorite PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

22 Scratch 23 Weeding tool 24 Rowing tool

25 "Monty Python" opener 26 Spelling contest 27 "— got it!" 28 Zero

29 Solidify 31 Switch positions

34 Baked, as pot tery 35 On the rocks

36 Transgression 37 Disarrays 39 November birthstone 40 Arthur of ten-

nis 41 Object of wor-

ship (Var.) 42 California valley 43 Pianist Peter

44 Hardy cabbage 45 Terrible guy?

46 Fender bender 48 Recede

5 3 7 8 1 4 2

6 9 4 1 5 2 3

1 8 9 6 2 3 4

THE POET

IN HER

YOUTH

1 6 9 3 5 8

6 3 5 8 7 9

1 8 3 5 2 4 9 6 7

3 6 8 4 1 2 7 9 5 9 2 4 7 5 3 6 8 1

4 1 2

5

9 2 8 7

Metro Recipe of the Day



Peppered Beef with Pecans

NGREDIENTS:

1 lb (500 g) lean steak 2 tsp (10 ml) black peppercorns 3/4 cup (175 ml) pecan halves 2 tbsp (25 ml) olive oil 2 tsp (10 ml) butter 1 onion, thinly sliced

3/4 lb (375 g) button mushrooms, sliced 4 tbsp (60 ml) brandy 2/3 cup (150 ml) sour cream

3 oz (90 g) arugula

METHOD:

1. Slice steak into thin strips, trimming excess fat. Lightly crush peppercorns using mortar and pestle and put into large bowl. Toss steak strips with peppercorns.

2. Put pecans in large, dry pan and toast over medium-high heat, tossing regularly, 2-3 minutes. Chop roughly and set aside. 3. Heat 1 tbsp (15 ml) oil

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

with butter in pan and stir-frv onion over medium heat to soften slightly. Add mushrooms and cook over high heat until lightly softened. Add salt to taste.

4. Remove mushrooms and onions from pan and put onto plate. Add remaining oil to pan and stir-fry steak strips over fairly high heat for 2-3 minutes.

5. Add brandy and boil 30 seconds. Return onions and mushrooms to pan and stir in sour cream. Heat until blended, Add arugula and stir until wilted, then sprinkle over pecans and serve immediately.

rd.ca

For nutritional infor-mation on this and other great recipes, go to rd.ca or check ut Key Ingred der's Digest, on



Horoscopes by Sally Brompton sallybrompton.com

ARIES MARCH 21-APRIL 20

Unexpected changes are likely, so be ready for them and don't hesitate to adapt if the situation requires it.

LIBRA

SEPT 23-OCT 23
Do not — repeat, not — agree to do other people's tasks for them today. Yes, it's nice to be helpful but the planets warn if you against it.

TAURUS APRIL 21-MAY 21

This should be a lucky day for you, the kind of day when even the darkest of clouds have a silver lining.

SCORPIO OCT 24-NOV 22

You know what you want so why are you hesitating? It's because on other occasions when you acted too quickly some-thing bad happened.

GEMINI MAY 22-JUNE 21

On the web

It is likely that you will clash with someone whose outlook on life is about as different to your own as it is possible to get.

SAGITTARIUS

NOV 23-DEC 21 Someone will be offended by your outspoken opinions today but you don't care about that. Jupiter, your ruler, makes you feel like you are protected.

CANCER JUNE 22-JULY 22

Having a good idea is one thing, making it work is quite another, and no matter how re-markable the thoughts that pass through your head today.

CAPRICORN

DEC 22-JAN 20 With one group pulling you in one direction and another group pulling you in the opposite direction there is a danger you might come apart.

LEO

JULY 23-AUG 23 Your potential may be infinite but you still need to be selective when it comes to your ac-

AQUARIUS

JAN 21-FEB 18 Other people will make all sorts of promises but if you expect those promises to be kept you are going to be disappointed.

VIRGO AUG 24-SEPT 22

Others may look at you and think you are lazy because you are not running around in a frenzy like everyone else.

PISCES

FEB 19-MARCH 20

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If something no longer works for you the way it once did then get rid of it, despite any sentimental attachment



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\$1369

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Feb. 2 • 1 wk.

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